

# Montana Chef Competition 2005

## Culinary Excellence Award

### Bronze Class: Appetizer

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**Recipe Name:** Montana Sushi - Grilled [Montana Legend Brand Meats Flat Iron Steak](#) over Sushi Rice accompanied by a Homemade Wasabi Mayonnaise

**Chef:** Executive Chef Clayton Arakawa

**Restaurant:** [Grand Union Hotel](#)



#### **Chef Profile:**

Clayton Arakawa, Executive Chef of [Grand Union Hotel](#), 1 Grand Union Square, Fort Benton, received a Bronze Class award in the Culinary Excellence Award program held recently at Buck's T-4 Lodge in Big Sky.

Arakawa has been at [Grand Union Hotel](#) for two years. His Bronze Class award was in the Appetizer category for a creation titled *Montana Sushi*. (See recipe.)

**Yield:** 4 portions

**Montana Products:** [Montana Legend Brand Meats Flat Iron Steak](#) and [Montola Growers, Inc.](#) Canola oil.

<i>Sushi Rice (yield 12 portions)</i>	
<i>Ingredients:</i>	<i>Amount:</i>
Calrose Rice	2 cups
Water	3.5 cups
Marukan Rice Vinegar Dressing	3 oz.

#### **Method:**

1. Wash rice in cold water until the water turns clear.
2. In a rice cooker, add the rice and water.
3. Turn on the cooker.
4. When finished cooking make sure to let the rice reach room temperature.
5. In a bowl, mix the rice, then mix in the rice vinegar dressing.

*Montana Sushi - Grilled Montana Legend Brand Meats Flat Iron Steak over Sushi Rice  
accompanied by a Homemade Wasabi Mayonnaise*

<b><i>Flat Iron Steak Marinade (yield 8 portions)</i></b>	
<b><i>Ingredients:</i></b>	<b><i>Amount:</i></b>
<a href="#">Montola Growers, Inc.</a> Canola oil	1 Tbsp.
Medium yellow onion	2 oz.
Fresh ginger	2 Tbsp.
Garlic clove	3 each
Soy sauce	2 cups
Granulated sugar	2 ½ cups
Cilantro, fresh	1 bunch
Chili garlic sauce	2 Tbsp.
Ice	2 cups
<a href="#">Montana Legend Brand Meats Flat Iron Steak</a>	12 oz.

**Method:**

1. Sauté onion in canola oil until light golden brown in color.
2. Add the ginger and garlic and toss until you are able to smell the garlic and ginger.
3. Pour the soy sauce into the pan and add the sugar.
4. Whisk well.
5. Mix in the cilantro and chili garlic sauce.
6. Bring mixture to a boil.
7. Take off of the heat and add the ice to cool.
8. When cooled place marinade and flat iron steak into a large zip to bag and marinate for at least two hours.
9. Remove meat from marinade and pat dry.
10. Char broil the steak until desired doneness is reached.

<b><i>Homemade Wasabi Mayonnaise (yield 10 portions)</i></b>	
<b><i>Ingredients:</i></b>	<b><i>Amount:</i></b>
Egg yolk	2 each
Wasabi powder	2 Tbsp.
Water	2 Tbsp.
Marinade from Flat Iron steak	2 Tbsp.
Sesame oil	1 oz.
<a href="#">Montola Growers, Inc.</a> Canola oil	2 oz.

**Method:**

1. Whisk the egg yolks for one minute.
2. Add the wasabi powder, water, and marinade for flat iron steak.
3. Slowly, while whisking the mixture, add in the sesame oil and canola oil.
4. Season to taste with salt and pepper.
5. Let stand for at least ½ hour.

*Montana Sushi - Grilled Montana Legend Brand Meats Flat Iron Steak over Sushi Rice  
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**Presentation / Plating Notes:**

<i>Ingredients:</i>	<i>Amount:</i>
Prepared Sushi Rice	12 ounces
Prepared Grilled Marinated Flat Iron Steak	6 ounces
Prepared Wasabi Mayonnaise	3 ounces

**Method:**

1. Use 1 ounce of sushi rice- form the rice into a rectangle.
2. Thinly slice the flat iron steaks on a bias (do not use the end pieces).
3. Place the sliced steak onto the rice rectangles.
4. Use three freshly made sushi pieces per person.
5. Arrange on the plate with one heading in the direction of 12 and 6 o'clock, 7 and 2 o'clock, and the third 4 and 10 o'clock.
6. With a spoon drizzle wasabi mayonnaise around the sushi pieces.

**Garnishes:** Top with micro wasabi greens or fresh cilantro.